

CHEVAL BLANC  
spa

**CHEVAL BLANC COURCHEVEL**

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## THE CHEVAL BLANC SPA

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Cheval Blanc and Guerlain have drawn inspiration from the specific needs generated by cold temperatures, high altitude and winter sports to develop a series of exclusive signature treatments and massages. In addition to five treatment rooms, the Cheval Blanc Spa hosts the Orchidée Salon, an exclusive treatment room for two.

To enhance the delicious moments of relaxation offered by these signature treatments, a wonderful wellness journey invites to an ultimate feeling of indulgence, relaxing or invigorating. The mirrored infinity pool, ice plunge pool, steam room and sauna, Jacuzzi, outdoor Russian banya bath and hot tub are the secret to a sparkling stay at Cheval Blanc Courchevel.

Thanks to state-of-the-art equipment and an exclusive coaching room, the fitness area proposes a sporty alternative to a day out on the slopes with privileged views of the Jardin Alpin. Innovative Technogym cardio-training exercises and private boxing, cross-training or aquabiking sessions offer a wealth of possibilities to restore suppleness and energy.

For complete well-being, Cheval Blanc Courchevel welcomes the highly-acclaimed hairdresser John Nollet, renowned for his attention to detail and use of the finest products. The advanced cutting and styling techniques that have made him one of the go-to hairdressers in Paris may be enjoyed either in an exceptional salon or in the privacy of your room.

## GUERLAIN

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Surrender to the magic of an exclusive Guerlain treatment or massage where cutting-edge innovation blends with customisation, emotion and sensoriality.

While entering the Cheval Blanc Spa, let yourself be surprised by the sumptuous Guerlain Cave à Parfums enhanced by the emblematic Bee Bottles and their exceptional fragrances.

Your transformation begins here...

### A Customised Experience

Every treatment is a completely personal moment, an instant created especially for you – this is the essence of the Guerlain experience, a perfect union of effective know-how and aesthetic expertise.

Our Beauty Experts begin each treatment with an in-depth analysis and precise skin diagnosis to reveal your specific beauty and well-being profile. With this intrinsic understanding of your essential concerns, they tailor a treatment to your needs and expectations.

To bring even more magic to your wellness experience, the Cheval Blanc Spa offers the exceptional services of an engraving artist who decorates with a name or a sweet message the iconic bottles of perfume and other Guerlain make-up treasures.





## THE ORCHIDÉE SALON

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This prestigious treatment room for two is the perfect place to enjoy a Guerlain treatment with someone special. Each experience includes different layers and methods that ultimately create an unparalleled sensory journey.

The treatments begin with an After-Ski Ritual, an exclusive hand and foot treatment specially designed for winter sports. Protected and moisturised, your hands recover their softness. The feet are kneaded and massaged, and the arches and toes are stretched to aid recovery and circulation after a day in ski boots. Your entire body feels relaxed and soothed. This experience is followed by the Haute Altitude Ritual, a brief interlude dedicated to restoring moisture to the hands.

To prolong the moment, the Sensory Escape is an invitation to ultimate well-being, designed by Guerlain.

## NEW SCULPTING TREATMENTS

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After a long day on the snowy slopes, your muscles are sorely in need of some care. This is the perfect time to strengthen and define them. Your Guerlain Beauty Expert will transform your face and body, sculpting them to leave you looking and feeling deeply reenergised.

### **Body Sculpt Treatment** – 50 min / 1h20

The Body Sculpt Treatment is at the cutting edge of massage. You will instantly feel the effects of this powerful treatment, which sculpts your body and decongests your adipocytes. Working deeply and intensely, it warms the hypodermis and stimulates lipolysis to accelerate the fat-burning process. This invigorating sequence of kneading, which finishes with a contrasting drainage phase, has lasting calming and balancing benefits for the metabolism. The expert techniques, combined with Guerlain's miraculous body care products, will sculpt and slim the waist, legs and hips. They naturally refine the curves of the body, for a harmonious silhouette. For even more visible results, the treatment can be combined with a relaxing exfoliation, or with a Cryo Skin 2.0 ritual to firm or slim as desired.

### **Face Sculpt Treatment** – 50 min

The Face Sculpt Treatment brings you all of Guerlain's facial expertise in one hour. This cutting-edge aesthetic sculpting massage restores firmness, glow and youth to your skin. With its deep muscular action, it shapes the facial contours, emphasises the cheekbones, opens up the eyes and erases wrinkles. The facial foundations are deeply reinforced and natural glow is instantly restored. A revolutionary lifting effect to look younger for longer.

## ORCHIDÉE IMPÉRIALE, THE QUINTESSENCE OF GUERLAIN TREATMENTS

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### **Black Imperial Facial Treatment** – 1h20 / 1h50

With over 190 years of experience, Guerlain has taken another step in its quest for excellence and its fight against ageing, by creating the Black Imperial Treatment. This new concept combines two technologies, Black Immune and Jet Peel, to provide a high-precision anti-ageing treatment.

The bio peel and infusion of hyaluronic acid and vitamins A, B C and E complement the Orchidée Impériale Black Treatment, for an intense cell metabolism boost and lasting, visible rejuvenation. An amazingly effective alternative to injections.

An extended version lasting 1h50 offers enhanced results thanks to double massages for the face and eye contour area.

### **Black Immune Facial Treatment** – 50 min

Offer your face an immensely powerful anti-ageing treatment, thanks to the perfect combination of Orchidée Impériale Black Immune technology and the bio peeling effect of the Jet Peel. Hyaluronic acid and vitamins A, B C and E are diffused through the skin, boosting the cell metabolism for optimum function and renewal.

## ORIENTAL BREEZE

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Close your eyes and drift away on a magical Oriental breeze. A sublime Guerlain experience takes you on a dreamy, holistic and mystical journey, far from the snowy peaks of Courchevel.

### **Scents of Absolu d'Orient** – 1h

Taking you on the ultimate well-being journey, this aromatic escape is a delightful odyssey for the senses, thanks to oriental scents and sophisticated, expert massage techniques. Explore the fragrant world of the Absolus d'Orient collection, from Musc Noble to Encens Mythique, on a sensory journey to the mysterious and captivating Orient.

### **Oriental Dream** – 30 min

Inspired by oriental rituals, this massage instantly soothes the scalp, enveloping you in serenity and well-being. This oriental experience, with the scent of Santal Royal hair mist, will leave your hair as smooth, soft and shiny as silk. An enchanting experience for the body and mind.

## WINTER TREATMENT CURES AT CHEVAL BLANC COURCHEVEL

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Recharge, re-energise and strengthen your natural defences.

### **Winter Immune Boost** – over 3 days

Spend three wonderful days at Cheval Blanc Courchevel, to restore balance and harmony in your body and mind. Feel more energised and strengthen your natural defences, with a tailored programme brought to you by the Guerlain Beauty Experts at the Cheval Blanc Spa.

#### **First Day | Balance and Harmony** – 2h50

##### **Regain control**

Consultation with your personal coach

Private Pilates session - 1h

Repairing Massage - 50 min

Made-to-Measure Facial Treatment - 1h

#### **Second Day | Energy and Vitality** – 2h40

##### **Recharge and re-energise**

Private muscle strengthening session - 1h

Consultation with your personal coach

Energising Muscle Massage - 50 min

Face Sculpt Treatment - 50 min

#### **Third Day | Immunity and Relaxation** – 3h10

##### **Reinforce your immunities**

Private synchronised swimming or functional training session - 1h

Alpine Immune-Boosting Massage – 50 min

Black Imperial Facial Treatment - 1h20

Beauty and wellness consultation with the Spa Manager



## WINTER TREATMENT CURES AT CHEVAL BLANC COURCHEVEL

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### **Well-Being Escape** – 3h (excluding lunch)

Relax for a day at Cheval Blanc Courchevel, with this well-being escape to unwind, restore your inner balance, brighten your glow and boost your natural defences.

#### **First Moment | Consultation with the Spa Manager**

#### **Second Moment | Develop inner strength**

Private Pilates session – 1h

#### **Third Moment | Restore balance and harmony**

Body Sculpt Treatment – 50 min

#### **Fourth Moment | Healthy Lunch at le Triptyque restaurant**

#### **Fifth Moment | Boost your natural defences**

Black Imperial Facial Treatment – 1h20

## AFTER-SKI REJUVENATION

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### **A Warming Winter Pause** – 50 min / 1h20

Specially designed for Cheval Blanc Courchevel, this exclusive ritual takes you to a place of perfect balance and complete relaxation. With the healing powers of heat delivered by warm stones, paraffin pouches and other comforting surprises, muscular tensions are entirely soothed away. Facial and body massages work together in harmony to reinforce your entire body defence system.

After a sporty day out in the cold and snow, feel your tensions melt away with this deep and calming massage that leaves you feeling more supple and lighter. A true winter dream.

### **Mountain Performance Treatment** – 50 min / 1h20

The purpose of this custom-tailored treatment is to help you reach peak performance on the slopes again tomorrow. Using physical therapy techniques, in-depth anatomical knowledge, and an awareness of your personal athletic goals, the Mountain Performance Treatment helps your body relax and eliminate toxins using smoothing massage movements that target each muscle at a time.

### **Specific Ski Massage** – 50 min / 1h20

This massage helps prevent aching muscles and provides deep muscle relaxation. The technique uses the heels and wrists to ease away tension and eliminate toxins and lactic acid.

### **Muscular Ritual** – 50 min / 1h20

Reshape and tone the body through deep relaxation. This is a powerful, sensory ritual where tired muscles are soothed by adopting the five most effective traditional methods in the world. Tension is released and muscles reinforced.

## GLAMOUR AT CHEVAL BLANC

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### **Glamour in Courchevel** – 1h20

This unparalleled dreamy experience, delivered by two Guerlain Beauty Experts and a hairstylist, will leave you glowing and gorgeous thanks to an exceptional facial treatment, while deeply relaxing your body. Your hands and feet will be pampered during your facial treatment and your revitalising scalp ritual designed by John Nollet. A sensory escape with a symphony of expertise to enhance your beauty...

### **Glamour Comfort** – 1h

This four-hand sensory experience is the perfect combination of a tailored facial treatment and a winter foot ritual to pamper and transform you.

### **Glamour Emotion** – 50 min

Time stands still thanks to the two Guerlain Beauty Experts who work in harmony to perform a choreographed massage, with techniques to create emotional bliss. A pampering experience for the face, eye contour, scalp, neck, arms, legs, hands and feet, to leave you feeling light and unburdened.

### **Glamour Energy** – 30 min

A wave of relaxation washes over you as two Guerlain Beauty Experts massage away your tension. The ingenious combination of a back massage, head massage and leg massage will flood you with energy. An irresistible escape...

## THE CHEVAL BLANC GENTLEMAN

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### **Masculine Magnificence** – 50 min

A thoroughly masculine treatment, offering well-being and elegance for men who want to look and feel fantastic. Specially developed for Cheval Blanc, this unequalled experience delivered by three Guerlain Beauty Experts is the perfect opportunity to let it all go, thanks to a facial treatment designed for men, plus a manicure and pedicure. A holistic transformation to make you feel like a new man.



## ORCHIDÉE IMPÉRIALE, THE QUINTESSENCE OF GUERLAIN TREATMENTS

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### **Black Imperial Facial Treatment – 1h20 / 1h50**

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### **Black Immune Facial Treatment – 50 min**

Offer your face an immensely powerful anti-ageing treatment, thanks to the perfect combination of Orchidée Impériale Black Immune technology and the bio peeling effect of the Jet Peel. Hyaluronic acid and vitamins A, B C and E are diffused through the skin, boosting the cell metabolism for optimum function and renewal.

### **Skin Light Anti-Ageing Facial Treatment – 1h20**

This unprecedented treatment reveals the natural light of the skin thanks to the exceptional power of the Black Orchid. A natural microdermabrasion, followed by a deep stimulation of the facial muscles, illuminates the complexion.

A true light booster, combined with the Orchidée Impériale Radiance Mask, offers spectacular results: intensely nourished skin and a unified, radiant complexion.

## ORCHIDÉE IMPÉRIALE, THE QUINTESSENCE OF GUERLAIN TREATMENTS

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### **Orchidée Impériale Prestige Treatment – 1h20 / 2h20**

The remarkable power of the orchid's longevity has inspired Guerlain to create this exceptional facial treatment, the most comprehensive facial of all. The combination of the exclusive firming massage stemming from the aesthetic savoir-faire of Guerlain, with the efficiency of the products of the Orchidée Impériale range, offer absolute well-being and visibly transform the skin, revealing a rediscovered youth.

The Orchidée Impériale anti-ageing massage works on all the muscles of the face, neck, décolleté and upper back. Under the precise gestures of our Beauty Experts, the stimulated muscles are toned, the contour of the face redrawn. Nourished with different masks, the skin is immediately smoothed and retightened thanks to the synergistic effect of the Cream, the iconic product of the Orchidée Impériale collection, and the precision of the Longevity Concentrate. The skin texture becomes finer and more regular, regaining its qualities of perfection: soft, velvety, sublimated for the eyes and the touch.

### **Orchidée Impériale Ultime Face & Body Treatment – 1h50 / 2h50**

This anti-ageing treatment combines an exclusive firming massage by Guerlain with the efficiency of the Orchidée Impériale collection. It is delivered with flawless expertise providing a feeling of complete well-being. Deep movements stimulate every muscle, whilst the energising massage ensures cellular renewal. The ritual visibly maintains the firmness and tone of the face and body, restores the skin's glow and leaves a radiant complexion.



## ABEILLE ROYALE, LIFTING & FIRMING SIGNATURE FACIAL

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### Royal Repair Treatment – 1h20

Guerlain brings a new angle to this expert treatment designed with the Abeille Royale range to reap all the benefits offered by bee products. More advanced, more technical and even more sensorial, this avant-garde treatment combines precise and personalised movements with products containing particularly powerful active ingredients. The treatment starts off slowly with a microdermabrasion, followed by a purifying massage with warm plant infusions to perfectly stimulate the epidermis. Each wrinkle is targeted with a repairing concentrate composed of royal jelly and honey from the island of Ouessant, which acts on the key processes in skin reconstruction. Through this complex protocol tailored to the specific needs of your skin, the signs of ageing gradually fade away. The skin is firmer, the face opens up and appears illuminated... Treat your skin to a fountain of youth.

## THE PERSONALISED ESCAPE

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**Made-to-Measure Facial Treatment** - 50 min / 1h20 / 1h50

Never has skin treatment taken an approach that is so comprehensive in precision, methods and results.

Amongst the wealth of rituals and methods that comprise the Guerlain made-to-measure treatments, discover unknown aesthetic massages, an audacious fusion of traditional techniques from the most reputed Asian and Western practitioners, married with the best of Guerlain science. Each one of these aesthetic massages can be combined with another according to your specific needs, a truly personal beauty journey where every single step is to be imagined. Your experience is entirely tailored from first greetings to closing rituals.

Unlocking built-up tension, relieving stress, reconnecting with yourself, recovering a blissful energy – no matter your needs or wishes – the experience will match your expectations.

Welcome to a world of complete well-being.







## FACE BEAUTY RITUALS

### Face Sculpt Treatment – 50 min

The Face Sculpt Treatment brings you all of Guerlain's facial expertise in one hour. This cutting-edge aesthetic sculpting massage restores firmness, glow and youth to your skin. With its deep muscular action, it shapes the facial contours, emphasises the cheekbones, opens up the eyes and erases wrinkles. The facial foundations are deeply reinforced and natural glow is instantly restored. A revolutionary lifting effect to look younger for longer.

### Cryo 21 Face Treatment - 30min / 50min / 1h20

New revolutionary cryotherapy treatments are unveiled with the Cryo 21 system that holds exceptional anti-ageing abilities. Facial treatments firm tired tissues, reduce wrinkles, diminish dark circles and puffiness as well as visibly reduce the appearance of a double chin.

### Nourishing Eyelashes Lift Treatment – 1h

Rich in peptides, keratin and vitamin B, the Nourishing Eyelashes Lift Treatment is the miracle cure to strengthen eyelashes, make them voluminous and lengthen them. Natural lashes appear longer and radiant with vitality. Their reshaped curve opens and enhances the eyes elegantly.

## BODY SUBLIMATION

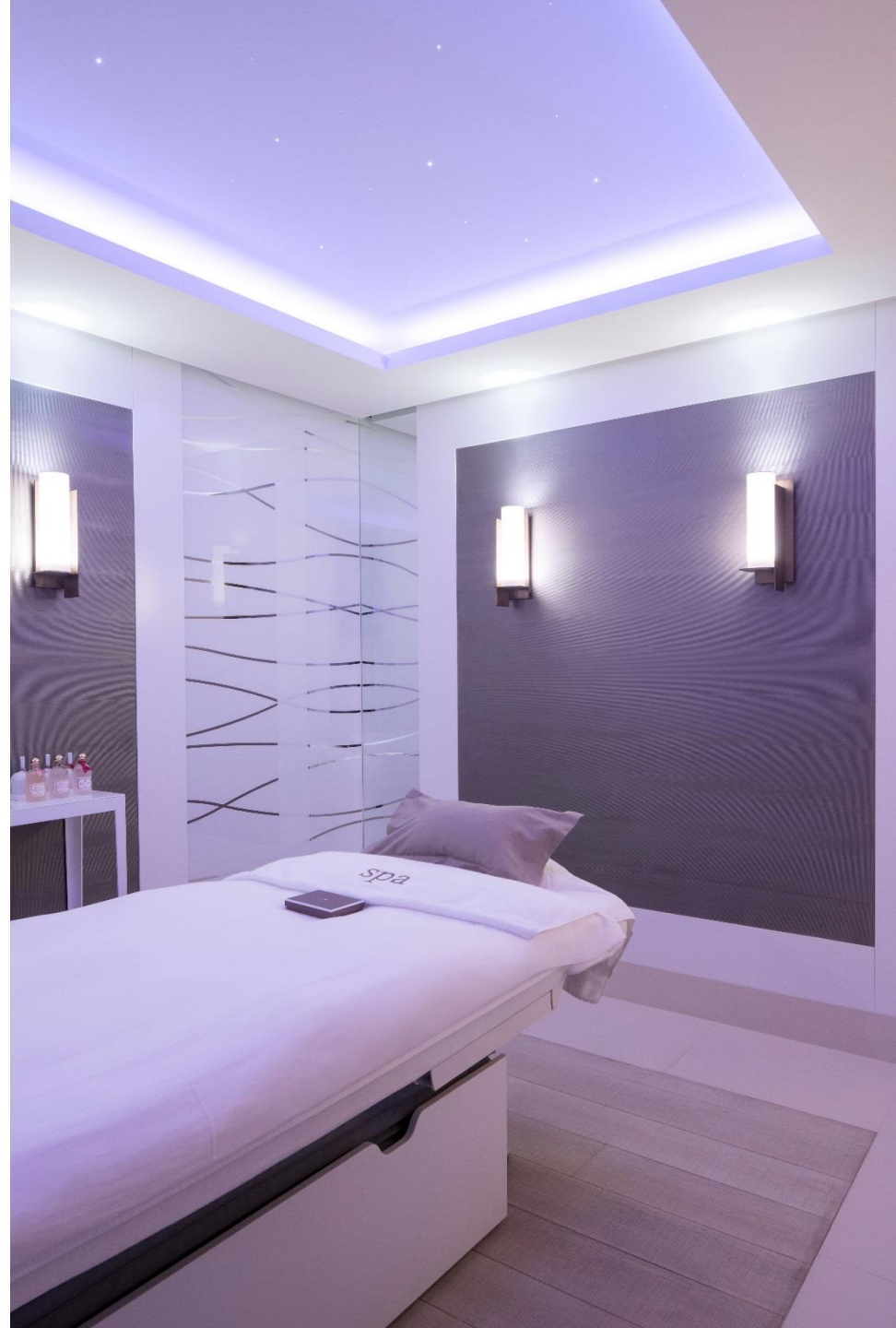
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### **Body Sculpt Treatment** – 50 min / 1h20

The Body Sculpt Treatment is at the cutting edge of massage. You will instantly feel the effects of this powerful treatment, which sculpts your body and decongests your adipocytes. Working deeply and intensely, it warms the hypodermis and stimulates lipolysis to accelerate the fat-burning process. This invigorating sequence of kneading, which finishes with a contrasting drainage phase, has lasting calming and balancing benefits for the metabolism. The expert techniques, combined with Guerlain's miraculous body care products, will sculpt and slim the waist, legs and hips. They naturally refine the curves of the body, for a harmonious silhouette. For even more visible results, the treatment can be combined with a relaxing exfoliation, or with a Cryo Skin 2.0 ritual to firm or slim as desired.

### **Cryo 21 Body Treatment** – 30 min / 50 min / 1h20

New revolutionary cryotherapy treatments are unveiled with the Cryo 21 system: unique methods that eliminate toxins and localised cellulite whilst reshaping, slimming and firming the entire body.



## ADDICTIVE GUERLAIN RITUALS

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### **Daydreaming Ritual** – 30 min

Inspired by a traditional Indonesian method, this massage is a powerful soothing treatment for the scalp, an area directly connected to the sensation of well-being. Using slow, deep pressure, it gently eases tension in the body and mind. Blood circulation is stimulated to release revitalising energies and enhance hair beauty. Indulge in a delicious and instant sensation of calm and serenity. An exquisite ritual, an invitation to a gentle dream...

### **Sun Ritual** – 30 min

This facial treatment prepares and soothes the skin before and after a sunny day out on the slopes. Gentle exfoliation and an enveloping massage are coupled with a customised mask tailored to each guest for a truly in-depth repair. Intensely nourished, hydrated and replenished, the skin regains its suppleness and brightness.

### **Glowing Gaze Ritual** – 30 min

With a deep and effective massage, the delicate skin around the eyes finds a new youthful brightness. After an application of Ultra-Hydrating Guerlain eye pads, cool ice spheres soothe and decongest – an expert ritual for a radiant face.

### **New Skin Ritual** – 30 min / 50 min

This body scrub is a moment of pure, indulgent happiness and softness for the skin.

The New Skin Ritual is the perfect prelude to a massage, optimising its invigorating, stimulating and refreshing effects.

### **Haute Altitude Ritual** – to add to any other treatment

The Haute Altitude Ritual begins with a hand and foot massage using Guerlain's Super Aqua hydrating serum. This is followed by an application of hot paraffin compresses to warm the extremities. Soft, supple skin is unveiled.

This is also recommended as a complement to any face or body treatment.

## HARMONY TREATMENTS

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### **Beyond the Fir Trees** – 50 min / 1h20

In honour of the majestic, snowy forests of the Alpine peaks, Guerlain has developed this exclusive face and body ritual specially for Cheval Blanc Courchevel. A delicate wooden tool with soft curves has been designed for this treatment, to offer greater efficacy and precision. Slightly warmed, it provides enhanced comfort and wards off the chill of winter. Offering intense relaxation for the muscles and mind, this treatment is an efficient well-being boost. The gestures can be adapted to ensure each stage meets your needs and desires: gentler for a soothing escape, or firmer to energise and strengthen the muscles. A divine moment, for lasting harmony of body and mind.

### **Scents of Absolu d'Orient** – 1h

Taking you on the ultimate well-being journey, this aromatic escape is a delightful odyssey for the senses, thanks to oriental scents and sophisticated, expert massage techniques. Explore the fragrant world of the Absolu d'Orient collection, from Musc Noble to Encens Mythique, on a sensory journey to the mysterious and captivating Orient.

### **Imperial Relaxing Massage** – 50 min / 1h20

This massage pays homage to the Eau de Cologne Impériale. Wrapped in an anti-stress cocoon, this multisensory experience leaves you completely relaxed and invigorated. The Imperial Relaxing Massage facilitates oxygenation, stimulates circulation and evokes a profound sense of serenity.

### **Four-Hand Imperial Relaxing Massage** – 50 min / 1h20

Modelled on the signature Imperial Relaxing Massage, this masterful ballet of massage by expert hands offers a unique and absolutely sensorial experience. From the first moment, you surrender to tranquility, abandoning yourself to the rich sensation of lightness and well-being.

### **Mountain Chic Massage** – 50 min / 1h20

The Mountain Chic Massage combines drainage and enveloping movements to help stimulate the body's circulation and generate « lighter-than-air » sensation. The muscles, stretched and kneaded in a unique way, transform this massage in a lighter journey.

## HARMONY TREATMENTS

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### **Repairing Massage** – 50 min / 1h20

This massage is an authentic repairing remedy that uses gentle techniques for a deep relaxation. Like the melody of the wind through the peaks, the body is handled with method and precision through fluid and dynamic movements. Muscles are relaxed, the blood flow is stimulated, digestive and lymphatic systems are rebalanced. This ritual, ideal for athletes, is enhanced by an express radiance facial treatment.

### **Muscular Ritual** – 50 min / 1h20

Reshape and tone the body through deep relaxation. This is a powerful, sensory ritual where tired muscles are soothed by adopting the five most effective traditional methods in the world. Tension is released and muscles reinforced.

### **Specific Ski Massage** – 50 min / 1h20

This massage helps prevent aching muscles and provides deep muscle relaxation. The technique uses the heels and wrists to ease away tension and eliminate toxins and lactic acid.

### **Body Lift Massage** – 50 min / 1h20

This energetic body massage relies on softening and kneading the muscles in order to regain tone and definition. At the heart of the ritual lies an intense stimulation of the cellular renewal process for the strengthening of muscles and the skin.

### **Pre/Post-Natal Massage** – 50 min / 1h20

Available from the second trimestre, or after-birth, this massage eases the aches and pains caused by pregnancy and relieves the back from tension. It also improves the elasticity of the skin and stimulates circulation.

### **Winter Foot Ritual** – 30 min / 50 min

After a day of skiing, this treatment aids recovery by stimulating blood flow and lymphatic circulation, and helping to eliminate the toxins generated by those hard-working muscles. It will ease cramps, relieve aches, and leave your legs and feet feeling blissfully light. The massage is accompanied by an invigorating scrub to help you relax and unwind.

*The proposed massages are for the purpose of stress reduction, well-being and beauty. We recommend that you consult a healthcare professional for any medical examinations or diagnosis.*

## OSTEOPATHIC TREATMENTS BY MATHIEU ZELECHOWSKI

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### **Alpine Immune-Boosting Massage** – 50 min / 1h20

Using advanced manual techniques that stimulate the diaphragm and nervous system to improve tissue exchanges and kidney, liver, spleen, and lymphatic drainage, this treatment helps release blockages, improve oxygen flow to your core, and boost your immune system.

### **Osteopathic Ski Massage** – 50 min / 1h20

Get the benefits of both osteopathy and physical therapy in a single treatment.

Whether you are interested in preventing injury or improving your performance on the slopes, this custom-tailored treatment frees your body from the tensions and blockages you have accumulated over the year. Did you fall on the slopes? The expert hands of a professional help you get off to a fresh start and safely enjoy your favourite winter sports.

### **Mountain Performance Treatment** – 50 min / 1h20

The purpose of this custom-tailored treatment is to help you reach peak performance on the slopes again tomorrow. Using physical therapy techniques, in-depth anatomical knowledge, and an awareness of your personal athletic goals, the Ski Performance Treatment helps your body relax and eliminate toxins using smoothing massage movements that target each muscle at a time.

### **Mountain Silhouette Treatment** – 50 min / 1h20

This method combines a number of different approaches geared towards wellness and athletic performance, including Pilates and core strengthening exercises. Strengthen your deep musculature, correct your posture and rediscover your body with the Mountain Silhouette Treatment. After completing an individualized assessment, you work on intense table exercises with the help from your therapist. This treatment, which was developed over the course of several years, sculpts the silhouette to create a brand-new look.

*Our osteopathic treatments target intestinal, cardiac, cranial, and musculoskeletal health.*

## MEN'S TREATMENTS

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### **Energising Facial** – 50 min

Give your skin a boost! Uncover a fresh complexion through deep cleansing. Exfoliation, massage and mask, coupled with a complimentary eye treatment, create a more radiant, smooth and luminous skin.

### **Skin-Saver Facial** – 1h20

Following an invigorating exfoliation, your skin is strengthened and revived with Guerlain's exclusive facial massage and specialty mask. An unprecedented eye treatment relieves congestion to reveal youthfulness and clarity.

### **Ultimate Experience** – 2h20

Guerlain addresses every need with an Energising Facial, body massage, a manicure and pedicure. Emerge replenished in a state of complete serenity – a whole new you.

*Our other treatments are also available for men.*

### **Masculine Magnificence** – 50 min

A thoroughly masculine treatment, offering well-being and elegance for men who want to look and feel fantastic. Specially developed for Cheval Blanc, this unequalled experience delivered by three Guerlain Beauty Experts is the perfect opportunity to let it all go, thanks to a facial treatment designed for men, plus a manicure and pedicure. A holistic transformation to make you feel like a new man.

## HAND AND FOOT THERAPIES

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### **Pure Hand Softening Treatment** – 50 min

This treatment is solely dedicated to the hands. Bask in the comfort and softness that only our exfoliating treatment, massage, and mask can deliver.

### **Complete Hand Treatment** – 50 min

Get perfectly manicured hands thanks to this treatment that beautifies your nails and skin. It includes a repairing treatment for the cuticles, a ritual to revive the natural shine of the nail and an application of organically-sourced nail polish.

### **Complete Foot Treatment** – 50 min

Get delicately enhanced feet thanks to this treatment that beautifies your nails and skin. It includes a gentle scrub, a repairing cuticle treatment, a moisturising foot massage, a ritual to revive the nail's natural shine and an application of organically-sourced nail polish.

### **Application of Semi-Permanent Nail Polish** – 30 min

This beauty ritual invites you to choose from an extraordinary selection of nail polish colours. Your nails are redesigned and sparkle with a new glow.

### **Manicure for Men** – 40 min

This moment dedicated to the beauty of your hands gives a new look to your nails and skin.

### **Beauty of the Feet for Men** – 40 min

An interlude of softness and beauty offered to your feet, after a long day out on the slopes of the Trois Vallées.





## MAKE-UP ARTISTRY

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The magic of Guerlain cosmetics enhances the natural beauty in every woman. With a delicate fragrance and texture, they blend effortlessly into the skin evoking warmth and elegance, and creating a world in which every woman glows. Whether seeking a natural or sophisticated effect, the artistry of the Guerlain make-up range helps you achieve the look you desire.

### **Make-Up Application** – 50 min

Let expert hands help you achieve the look you seek for any occasion.

### **Make-Up Lesson** – 1h20

Discover the ideal make-up application to enhance your natural and individual beauty.

## MY FIRST BEAUTY EXPERIENCES

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### **Sweet Secrets of the Bee** – 20 min

A symbol of Guerlain, the bee invites children to explore its kingdom. Soft massages for the scalp, hands and feet... A discovery of the benefits of honey and its role in nature, the Sweet Secrets of the Bee treatment promises gentle pampering and an indulgent, fun experience.

### **Mademoiselle Guerlain** – 20 min

Be as beautiful as Mum, experiment with colours, put on pretty make-up and learn about the Guerlain Art of Perfume... the perfect opportunity to play princess in front of the sparkling mirror.

### **New-Found Togetherness** – 20 min

Share a special experience with Mum or Dad, or between brothers and sisters. Choose your massage like a grown-up and enjoy it as a family, carefully apply some pretty coloured nail polish, or fall for a lovely tattoo. Moments and memories to treasure!

### **Discover The Five Senses** – 50 min

See, smell, touch, taste and even create... Guerlain shares the secrets of five ingredients, sources of inspiration for its scents, taking children on a journey through the world of fragrance, for a perfumed adventure. A chance to awaken the senses in the heart of the Alpine Garden.

## TRANSFORMING ESCAPES AT THE CHEVAL BLANC SPA

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Escape by choosing the ideal programme for your needs. We are delighted to offer you a complimentary access to the pool for half a day.

### **Evasion Transforming Escape – 1h30**

Scents of Absolu d’Orient (1h) & Daydreaming Ritual (30 min)

### **Sport Transforming Escape – 1h50**

Personalised Coaching (1h) & Mountain Silhouette Treatment (50 min)

### **Happiness Transforming Escape – 2h**

Synchronised Swimming Class (1h) & Glamour Comfort (1h)

### **Beauty Transforming Escape – 2h10**

Black Imperial Facial Treatment (1h20) & Body Sculpt Treatment (50 min)

### **Sublime Transforming Escape – 2h50**

Made-to-Measure Facial Treatment (50 min), Nourishing Eyelashes Lift Treatment (1h) & Blow-Dry at the Hair Room Service by John Nollet (1h)

Please note that the Transforming Escapes are only available in the morning and that the last treatment must be completed before 3 pm. Fall for two Transforming Escapes per person and your treatments will take place in the Orchidée Salon for an enhanced wellness experience.

## TRANSFORMING ESCAPES IN THE ORCHIDÉE SALON

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Escape for a complete metamorphosis. We are delighted to offer you a complimentary access to the pool for half a day.

### **Evasion Transforming Escape – 1h30**

Scents of Absolu d’Orient (1h) & Daydreaming Ritual (30 min)

### **Beauty Transforming Escape – 2h20**

Black Imperial Facial Treatment (1h20) & Body Sculpt Treatment (50 min)

### **Sublime Transforming Escape – 3h**

Made-to-Measure Facial Treatment (1h), Nourishing Eyelashes Lift Treatment (1h) & Blow-dry at the Hair Room Service by John Nollet (1h)

Please note that the Transforming Escapes are only available in the morning and that the last treatment must be completed before 3 pm. Indulge in two Transforming Escapes in the Orchidée Salon during the week and the Hair Room Service by John Nollet will offer you a complimentary blow-dry experience.



## COACHING

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### **Pilates**

Deep muscle strengthening techniques using slow movements based on thoracic breathing. It will result in improved posture, increased suppleness in joints, physical and mental well-being.

### **Prenatal Pilates**

These gentle exercises, which focus on posture, respiration, and relaxation, paired with pelvic floor stretches, help you welcome your baby into the world in the best possible conditions.

*Pairs well with prenatal aquafitness.*

### **After-Ski Stretching**

A stretching session with specially adapted movements is as important as sport, reducing muscle soreness and preventing the risk of injury. Feel supple and light on the slopes.

### **Strength-Training Circuit - Pilates**

The combination of bodyweight exercises and an intense deep core workout is the secret to a strong, powerful body. The aim is to boost your energy levels, increase your endurance and sculpt a well-balanced physique.

### **HIIT Cardio Workout**

This programme focuses more on intensity than duration. The HIIT Cardio Workout is perfect for targeting full-body strength training and losing calories in record time. These exercises help boost respiratory and cardiovascular endurance, build muscle, and improve balance and coordination.



## WATER ACTIVITIES

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### Aquabiking

Gentle on the joints and tough on cellulite, aquabiking sculpts the body in record time. This exercise improves blood circulation and boosts venous return to reduce swelling in the legs whilst the massaging action of the water smooths the skin.

### Prenatal Aquagym

This strength building and respiration training programme helps prepare the body for giving birth through gentle stretching and relaxation exercises. Because the body is in a weightless environment, this workout helps relieve back pain and the sensation of heavy legs.

### Aqua Abs Workout

This intense core workout will help you sculpt a stronger and more defined stomach. The body's specific positions in the water during this class intensify the exercises and deliver immediate results.

### Baby Swim Class

Designed for babies over the age of 6 months, this introduction to swimming includes floating and immersion exercises. Enjoy a special moment with your child as you help them learn to swim like a fish.

### Aqua Fitness

This cardio strength-training workout strengthens the entire body and helps boost your energy levels. Slimming and toning results guaranteed.

### Synchronised Swimming

This intense discipline boosts your physical and respiratory health while teaching you to move with effortless elegance by combining dance and gymnastics. Enjoy this fun and artistic class.

## HAIR ROOM SERVICE BY JOHN NOLLET

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The exceptional quality haircuts, styles and service which have made John Nollet such a success in Paris may be enjoyed in this exclusive salon.

### Renaissance Hair Care – 1h

Performed in the precious salon of the Hair Room Service, the Renaissance Hair Care offers a new life to hair damaged by the winter cold thanks to the Nathalie Tuil collection of natural treatments with clays and essential oils.

Imagined as a powerful treatment sublimated in a moment of absolute relaxation, a long scalp massage optimises the effects of this unprecedented treatment. Your hair regains strength, softness and shine.





A selection of Guerlain products is available for purchase at the Spa boutique. Indulge in Guerlain's realm of exceptional fragrances, the sensuality of their luxurious textures and let yourself be seduced by the extraordinary range of products available at the Cheval Blanc Spa.

### **The Exclusive Collections**

Lovers of beauty will appreciate Guerlain's timeless and elegant fragrances, each with its own individual character and exquisitely designed bottle - l'Art et la Matière, les Elixirs Charnels, les Voyages Olfactifs. With their use of precious materials and absolute refinement, the Exclusive Collections encapsulate the Guerlain spirit.

### **The Art of Skincare**

Guerlain's research has always focused on the quest for perfect skin by creating outstanding skincare products which blend active, natural and rare ingredients. Like precious jewels, every beautifully crafted jar encases an efficient and refined product that has been carefully formulated and delicately perfumed, to ensure each use is a truly sensory experience.

### **The Magic of Make-up**

Shimmering powders and extraordinary lipsticks, an exclusive selection has been chosen for Cheval Blanc Courchevel for an illuminating effect.



## 2020-2021 PRICE LIST

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### NEW SCULPTING TREATMENTS

Face Sculpt Treatment	50 min	240€
Body Sculpt Treatment	50 min / 1h20	205 / 290€

### GLAMOUR AT CHEVAL BLANC

Glamour in Courchevel	1h20	670€
Glamour Comfort	1h	390€
Glamour Emotion	50 min	390€
Glamour Energy	30 min	280€

### ORIENTAL BREEZE

Scents of Absolu d'Orient	1h	240€
Oriental Dream	30 min	140€

### WINTER TREATMENT CURES

Winter Immune Boost	3 days	2 065€
Well-Being Escape (excluding lunch)	3h	745€

### AFTER-SKI REJUVENATION

A Warming Winter Pause	50 min / 1h20	205 / 290€
Mountain Performance Treatment	50 min / 1h20	220 / 290€
Specific Ski Massage	50 min / 1h20	195 / 280€
Muscular Ritual	50 min / 1h20	195 / 280€

### OSTEOPATHIC TREATMENTS

Alpine Immune-Boosting Massage	50 min / 1h20	220 / 290€
Osteopathic Ski Massage	50 min / 1h20	220 / 290€
Mountain Performance Treatment	50 min / 1h20	220 / 290€
Mountain Silhouette Treatment	50 min / 1h20	220 / 290€

### MEN'S TREATMENTS

Energising Facial	50 min	205€
Skin-Saver Facial	1h20	255€
Ultimate Experience	2h20	420€
Masculine Magnificence	50 min	425€

### ORCHIDÉE IMPÉRIALE, THE QUINTESSENCE OF GUERLAIN

Black Imperial Facial Treatment	1h20 / 1h50	430 / 530€
Black Immune Facial Treatment	50 min	250€
Skin Light Anti-Ageing Facial Treatment	1h20	360€
Orchidée Impériale Prestige Treatment	1h20 / 2h20	290 / 480€
Orchidée Impériale Ultime Face & Body Treatment	1h50 / 2h50	390 / 580€

### FACE & BODY BEAUTY RITUALS

Cryo 21 Face and/or Body Treatment	30 min / 50 min / 1h20	150 / 240 / 360€
Nourishing Eyelashes Lift Treatment	1h	240€
Royal Repair Treatment	1h20	290€
Made-to-Measure Facial Treatment	50 min / 1h20 / 1h50	205 / 310 / 410€

### ADDICTIVE GUERLAIN RITUALS

New Skin Ritual	30 min	140€
Daydreaming Ritual	30 min	140€
Sun Ritual	30 min	140€
Glowing Gaze Ritual	30 min	140€
Haute Altitude Ritual	To add to any treatment	80€

### HARMONY TREATMENTS

Beyond the Fir Tres	50 min / 1h20	205 / 290€
Scents of Absolu d'Orient	1h	240€
Imperial Relaxing Massage	50 min / 1h20	195 / 280€
Four-Hand Imperial Relaxing Massagee	50 min / 1h20	390 / 490€
Mountain Chic Massage	50 min / 1h20	195 / 280€
Repairing Massage	50 min / 1h20	205 / 290€
Muscular Ritual	50 min / 1h20	195 / 280€
Specific Ski Massage	50 min / 1h20	195 / 280€
Body Lift Massage	50 min / 1h20	195 / 280€
Pre/Post-Natal Massage	50 min / 1h20	195 / 280€
Winter Foot Ritual	30 min / 50 min	130 / 195€

## 2020-2021 PRICE LIST

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### HAND AND FOOT THERAPIES

Pure Hand Softening Treatment	50 min	160€
Complete Foot Treatment	50 min	130€
Application of Semi-Permanent Nail Polish	30 min	75€
Manicure for Men	40 min	110€
Beauty of the Feet for Men	40 min	110€

### MAKE-UP ARTISTRY

Make-Up Application	50 min	140€
Make-Up Lesson	1h20	190€

### MY FIRST BEAUTY EXPERIENCES

Sweet Secrets of the Bee	20 min	90€
Mademoiselle Guerlain	20 min	90€
New-Found Togetherness	20 min	180€
Discover The Five Senses	50 min	160€

### TRANSFORMING ESCAPES

Evasion Transforming Escape	1h30	305€
Sport Transforming Escape	1h50	330€
Happiness Transforming Escape	2h	465€
Beauty Transforming Escape	2h10	510€
Sublime Transforming Escape	2h50	760€

### COACHING AND WATER ACTIVITIES

Personnalised Sessions	35 min / 45 min / 1h	120 / 150 / 190€
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### HAIR ROOM SERVICE BY JOHN NOLLET

Renaissance Hair Care - Short	1h	150€
Renaissance Hair Care - Long	1h	180€

### WAXING

Upper Lip / Under Arms / Bikini	40€
Lower Arms / Eyebrows / Wide Bikini	65€
Half-Legs / Complete Arms / Full Bikini	90€
Chest / Back	90€
Complete Legs	120€

## 2020-2021 ORCHIDÉE SALON PRICE LIST

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### NEW SCULPTING TREATMENTS

Face Sculpt Treatment	1h	290€
Body Sculpt Treatment	1h / 1h30	260/360€

### AFTER-SKI REJUVENATION

A Warming Winter Pause	1h / 1h30	260 / 360€
Mountain Performance Treatment	1h30	360€
Specific Ski Massage	1h / 1h30	250 / 350€
Muscular Ritual	1h / 1h30	250 / 350€

### GUERLAIN SIGNATURE TREATMENTS

Black Imperial Facial Treatment	1h30 / 2h	480 / 620€
Skin Light Anti-Ageing Facial Treatment	1h30	420€
Orchidée Impériale Prestige Treatment	1h30 / 2h30	370 / 560€
Orchidée Impériale Ultime Face & Body Treatment	2h / 3h	470 / 660€
Scents of Absolu d'Orient	1h10	295€

### FACE & BODY BEAUTY RITUALS

Cryo 21 Face and/or Body Treatment	1h / 1h30	310/460€
Royal Repair Treatment	1h30	370€
Made-to-Measure Facial Treatment	50 min / 1h20 / 1h50	260 / 390 / 490€

### HARMONY TREATMENTS

Beyond the Fir Trees	1h / 1h30	260 / 360€
Imperial Relaxing Massage	1h / 1h30	250 / 350€
Four-Hand Imperial Relaxing Massage	1h / 1h30	490 / 670€
Mountain Chic Massage	1h / 1h30	250 / 350€
Repairing Massage	1h / 1h30	260 / 360€
Muscular Ritual	1h / 1h30	250 / 350€
Specific Ski Massage	1h / 1h30	250 / 350€
Body Lift Massage	1h / 1h30	250 / 350€
Pre/Post-Natal Massage	1h / 1h30	250 / 350€
Winter Foot Ritual	1h	250€

### MEN'S TREATMENTS

Energising Facial	1h	260€
Skin-Saver Facial	1h30	320€
Ultimate Experience	2h30	500€

### TRANSFORMING ESCAPES

Evasion Transforming Escape	1h30	350€
Beauty Transforming Escape	2h20	550€
Sublime Transforming Escape	3h	500€

## GENERAL CONDITIONS

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Due to the current sanitary situation, all our gestures, procedures and welcome rituals have been completely adapted this season with the desire to go ever further in the pursuit of excellence of our Guerlain treatments. In the boutique as well as in the intimacy of your treatment room, each attention is orchestrated with expert savoir-faire and meticulous precision to guarantee the requirements of hygiene and safety. The Cheval Blanc Spa is entirely equipped with high-tech air purification systems in order to offer resolutely pure air at all times. Treatment rooms are thoroughly sanitised before each beauty experience, for a moment of well-being in complete serenity. Please note that given the extra time required to prepare each treatment room, our availability will be reduced and we thus encourage advance bookings to ensure we can secure your preferred booking times.

### Treatment Duration

The treatment durations indicated correspond to the length of your experience at the Spa. We respectfully request that you arrive at least 10 minutes prior to your appointment so that you may fully enjoy the experience.

### A Moment of Tranquillity

Our Spa is a haven of serenity. Please be sure to turn off your cell phone so that your relaxation and that of others is not disturbed.

### Reservation and Cancellation Policy

In order to secure the most suitable schedule, we recommend that you carefully anticipate your reservation. Should you need to cancel or reschedule your appointment, as a courtesy we ask that you provide 24 hours' notice to avoid incurring the full therapy fee. Cancellations in less than 24 hours will require a charge of 100% of the treatment price.

### Late Arrival

Late arrivals may result in lost treatment time unless our schedule enables us to offer you the full service.

### Special Consideration

Guests who have high blood pressure, heart conditions, any other medical complications or are pregnant, are advised to consult their doctor before signing up for any Spa services. Kindly inform your Beauty Expert of any existing medical conditions.

### Smoking and Alcohol

Smoking and consumption of alcohol within the Spa is prohibited.

### Valuables

A box for safekeeping of valuables is provided in the treatment room but we recommend that no jewellery is worn at the Spa. The Maison will not be held responsible for the loss of money or valuables of any kind brought into the Spa premises.

### Opening Hours

The Spa is open every day from 9:00 am to 8:30 pm.

**CHEVAL BLANC COURCHEVEL**

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